



# **ORM FOR KIDS**

WHAT CAN HURT ME?

**AND**

**WHAT CAN I DO ABOUT IT?**

**(Presented 23 JUNE 2000 at SIMA Norfolk)**



# **BEING SAFE?**





# **IS THIS SAFE?**





# **SAFE IN CHURCH?**











# **SKATING**

- ♦ **Helmet**
- ♦ **Safety equipment**
- ♦ **Learn how to stop**
- ♦ **Smooth surface**
- ♦ **No night skating**
- ♦ **Not during peak traffic time**





# **BIKE RIDING**



- **Wear your bicycle helmet**
- **Stop, look left, right and left again before riding in traffic areas**
- **Ride on the right with traffic**
- **Obey stop signs and red lights**





# **CROSSING** **STREETS**



**Use crosswalks**  
**Look left, right,**  
**and left again**

**Make sure**  
**you**  
**can be seen**  
**Pay attention**





# **CROSSING** **STREETS**





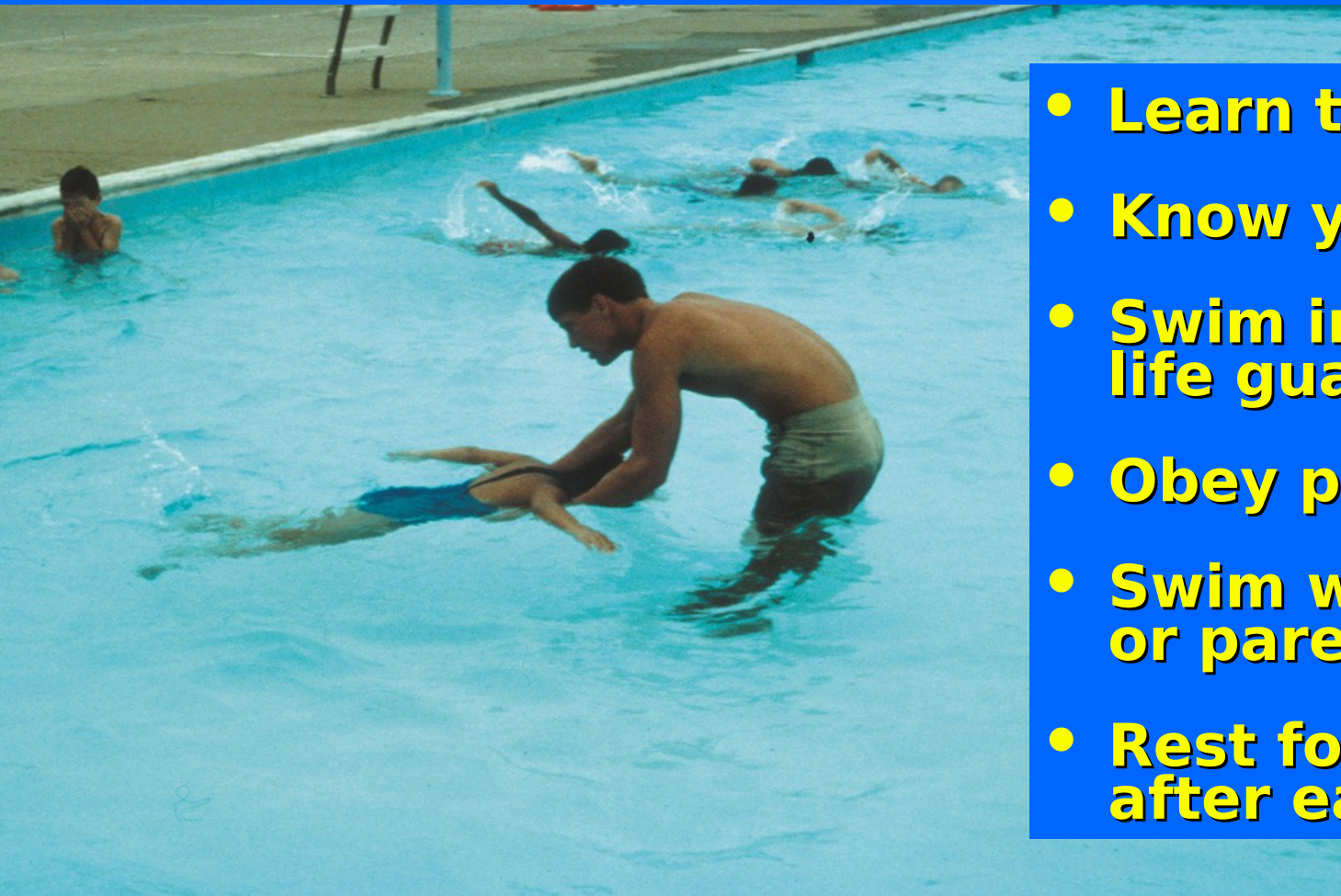
# **PLAYING** **BASKETBALL**



- **Appropriate shoes**
- **Play by the rules**
- **Mouth piece**
- **Remove jewelry**
- **Warm-up**
- **No horseplay**
- **Slip/trip hazards**



# **SWIMMING**



- **Learn to swim**
- **Know your limits**
- **Swim in areas with life guards**
- **Obey pool signs**
- **Swim with a friend or parent**
- **Rest for an hour after eating**





# **PLAYGROUNDS**



- With grownup
- Never alone
- Hold on
- Don't jump
- Shoes
- Drink



# **STRANGERS**



- Be alert to tricks and lures
- No thanks, sorry, can't help
- Scream, kick, escape
- Emergency situation practice
- Find a police officer





# **WHAT COULD GO WRONG HERE?**



**DON'T GET IN !**



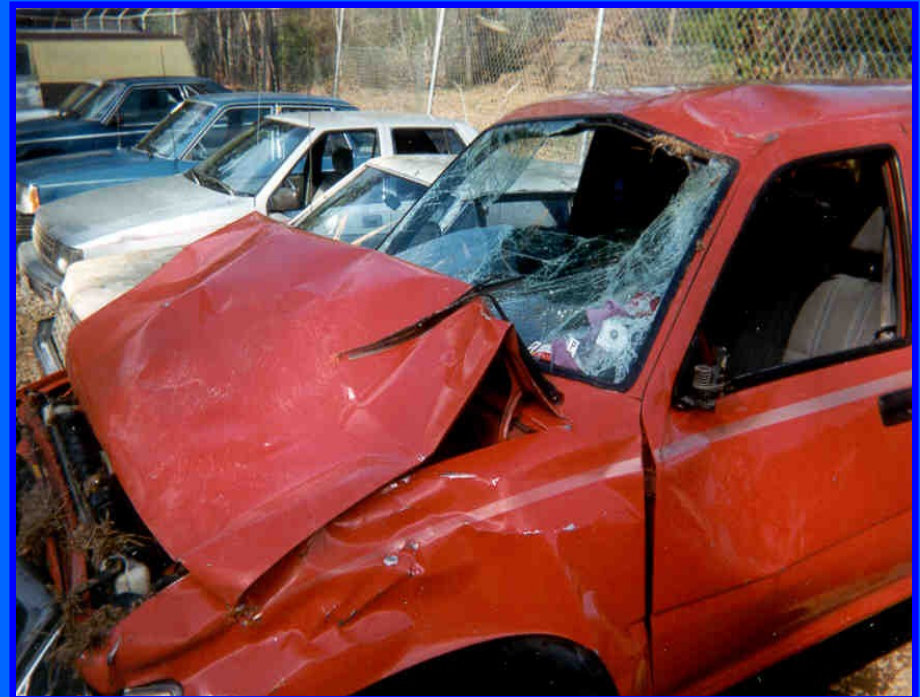


# **WHAT DO YOU DO IN A STORM?**





# **CARS & SEAT BELTS**





# **REMEMBER!**

1. What can hurt me?
2. What can I do about it?
3. If something goes wrong, what do I do and who do I tell?

